

Special Issue

Hydration and Nutrition Status in Human Health

Message from the Guest Editors

Hydration and nutrition are essential, interrelated components of human health that influence physical performance, cognitive function, disease risk, and recovery. Despite growing recognition of their importance, gaps remain in how we assess, monitor, and optimize these factors across populations and settings.

This Special Issue invites original research and reviews exploring hydration and nutritional status across diverse groups. We welcome studies that examine innovative assessment tools, real-time monitoring (e.g., biomarkers, biosensors), personalized interventions, and the physiological and health-related outcomes of hydration and nutritional strategies.

Key topics of interest include the following:

Methods for assessing hydration and nutrition status
Impacts on thermoregulation, performance, recovery, and development

Sex-, age-, pregnancy-, or environment-specific considerations

Interventions in clinical, athletic, public health, and maternal care contexts

We aim to bring together multidisciplinary work that advances practical understanding and supports better strategies for promoting human health, performance, and wellness across the lifespan.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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